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ABSTRACT

This symposium reports an investigation of correlates of self-disclosure among Indian college students, by Sarla Jawa, and provides abstracts of both a Pakistani perspective on personality and moral development, by Naeem Durrani, and a study of Indian students' attitudes toward sex, by Premala S. Kale. Findings of the study of correlates of self-disclosure indicated that low self-disclosing students were significantly more sober than high disclosing subjects. Those who disclosed less were reserved and had introverted qualities. Introverts were likely to be more contemplative, deliberative, and self-effacing, but less gregarious. Whereas low self-disclosing girls were apprehensive, apprehensive boys were high in self-disclosure. Also, girls low in self-disclosure were found to be conservative and group-dependent. Findings revealed that private areas (money, personality, body and sex) were disclosed less than public areas (attitudes and opinions, tastes and interests, and work and opinions) by both boys and girls. Females disclosed more than boys about sex and generally were higher in self-disclosure than males. Both boys and girls disclosed self most frequently to a same-sex friend, and, next in frequency, to their mothers. Girls infrequently disclosed themselves to a friend of the opposite sex, whereas boys infrequently disclosed themselves to their fathers. Boys disclosed self more frequently to an opposite-sex friend than did girls. The abstracts refer to Pakistani programs designed to facilitate children's development and adjustment, and to responses of students in Bombay answering a questionnaire after reading a news-item discussing operations restoring virginity. (RH)

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SYMPOSIUM III C : Emotional and Personality Development

CHAIRPERSON *Professor Singgih D. Gunarsa*

RAPPORTEUR *Mr. Lee Voon Mun*

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Personality and Moral Development **

Naeem Durrani

Guiding youth to attain their 'full humaness' is certainly one of the chief considerations of every community. To try to achieve this end is a tedious and long process. Bringing individual and social forces into harmony demands not only careful planning and taking the 'right steps at the right moment' but also deep understanding of all conflicting and mutually interacting factors influencing the individual and socio-cultural phenomena.

Personality and moral development is a vast field. It is an area which, along with other dimensions of the process of growing into a 'fully-functioning' adult in a healthy society, assumes universal concern for all those interested in making the world a better place to live in. Unfolding of the self and construction of a relatively autonomous value system may be regarded among the highest goals of personal and moral growth.

Interaction of man and his environment has always been a matter of much fascination for the 'thinking mind'. It has remained one of the subjects of top priorities for theologians, philosophers, psychologists and social scientists throughout the evolutionary history of mankind. This two-fold nature of the whole phenomenon of evolution (i.e. both man and his environment influencing each other) has remained with us as a guiding principle.

Taking this reciprocity of man and his surroundings into account, the task seems to be one of aiming greater integration of individual and environmental factors that may foster or hinder this developmental process. Study of man must see the attainment of adulthood as a continuous process, of a nature-nurture interaction. Similarly, the growth of social institutions and other developments e.g. the evolution of economic

systems and technological advances should be viewed as a never-ending phenomenon of human endeavour. Only an understanding of both the individual and the social forces interacting with each other in a 'holistic' and ever-changing pattern can we obtain a complete picture of this phenomenon.

The developmental nature of the interaction referred to above makes cross-cultural studies of human and cultural evolution all the more necessary. In this paper, a brief survey of some of the developmental theories of child development (as influenced by physiological and psycho-social factors) and the growth of man's environment (his culture, etc.) is blended with a description of some measures that are being taken in Pakistan to help children to grow into healthy adults to make better adjustments in a rapidly changing world.

A Study of the Correlates of Self-Disclosure

Sarla Jawa

INTRODUCTION

The 20th century is the age of mental, social and personality disintegration. Estrangement – alienation from one's self – is at the root of neurotic personality of our time. Horney (1936) has remarked that the more the individual ignores his real feelings, wishes and wants, the more alienated he is from the real self. Jourard (1959) has emphasised that a person can know himself only through the process of making himself known to others. It is a means by which a healthy personality is achieved and maintained. He further states that activities such as psychotherapy, teaching and nursing will fail, more or less, without the appropriate disclosure by the client. It is through self-disclosure that an individual reveals to himself and to the other party just exactly who, what and where he is. Just as the thermometer and sphygmomanometers etc. disclose information about the physical state of the body, self-disclosure reveals the real nature of the soul and self. If we are to learn more about man, we must learn more about his self-disclosure, personality, conditions and dimensions, and their consequences. It is this concept which has led the investigator to conduct the present exploratory study.

OBJECTIVES

The specific objectives of the study are to:

(1) study the difference in personality factors among high, low and average self-disclosing groups,
(2) ascertain sex differences in areas of self-disclosure,

(3) investigate the order of self-disclosure areas in terms of degree;
(4) explore sex differences in self-disclosure to different target figures; and
(5) study the order of self-disclosure target figures in terms of degree of self-disclosure.

METHODOLOGY

Sample

The sample for the present study consisted of 100 college girls (N = 50) and boys (N = 50). They were matched on age, economic status, marital status and nationality. The age range of both samples was between 17 and 21 years, and parental income was above Rs. 2000/- per/month. All subjects were single and of Indian nationality.

Instruments

Three instruments were used, these being:

(1) A personal data schedule was specifically designed to match both boys and girls on certain personal variables.
(2) The personality of the subjects was assessed by using Cattell's 16 PF Questionnaire.
(3) Self-disclosure was measured by Jourard's Self-Disclosure Questionnaire. In addition, the area of 'sex' from the Sinha Self-Disclosing Inventory was included.

Personality and Self-Disclosure

Results as shown in Table 1 revealed that low self-disclosing boys as well as girls were sober (low on F). It is interesting to note that low self-disclosing girls were apprehensive (high on 0) while in the case of boys, the reverse was true. High self-disclosing boys were apprehensive (high on 0).

In addition, low self-disclosing girls were found to be conservative (low on Q1) and dependent on groups (low on Q2). High self-disclosing girls turned out to be experimenting (high on Q1) and self-sufficient (high on Q2). The trend, however, indicated results to the contrary for the boys though not significant. Low self-disclosing boys tended to be experimenting (high on Q1) and self-sufficient (high on Q2) while high self-disclosing boys were conservative (low on Q1) and group-dependent (low on Q2).

Table 1

Personality and Self-Disclosure

Self-disclosure	Boys		Girls		Boys		Girls		Boys		Girls		Chi Square	
	N	%	N	%	N	%	N	%	N	%	N	%	Males	Females
	(A) Reserved								(A) Outgoing					
Low	9	36	12	48	10	40	12	48	6	24	0	0	5.92	3.75
High	2	8	10	40	16	64	10	40	7	28	6	24		
	(B) Less Intelligent								(B) More Intelligent					
Low	8	32	3	12	8	32	16	64	9	36	5	20	5.94	4.27
High	16	64	8	32	6	24	10	40	3	12	8	32		
	(C) Emotionally Less Stable								(C) Emotionally Stable					
Low	8	32	16	64	10	40	5	20	7	28	3	12	4.43	5.26
High	14	56	9	36	9	36	12	48	2	8	5	20		
	(E) Humble								(E) Assertive					
Low	10	40	4	16	6	24	15	60	9	36	5	20	2.70	3.79
High	12	48	4	16	9	36	10	40	4	16	12	48		
	(F) Sober								(F) Happy Go Lucky					
Low	15	60	15	60	9	36	7	28	1	4	2	8	7.00	10.31
High	9	36	9	36	8	32	4	16	8	32	13	52		
	(G) Expedient								(G) Conscientious					
Low	7	28	5	20	16	64	10	40	2	8	9	36	5.68	3.62
High	5	20	12	48	11	44	8	32	9	36	6	24		
	(H) Shy								(H) Venturesome					
Low	5	20	8	32	15	60	10	40	5	20	6	24	3.34	5.29
High	11	44	2	8	11	44	13	52	3	12	11	44		

Table 1 (contd.)

	(I) Tough Minded								(I) Tender Minded					
Low	5	20	10	40	15	60	7	28	5	20	7	28	1.78	1.33
High	3	12	15	60	13	52	5	20	9	36	6	24		
	(L) Trusting								(M) Suspicious					
Low	5	20	6	24	9	36	7	28	11	44	11	44	3.32	4.63
High	1	4	1	4	13	52	10	40	11	44	15	60		
	(M) Practical								(M) Imaginative					
Low	8	32	5	20	12	48	10	40	5	20	9	36	1.54	2.63
High	9	36	11	44	8	32	8	32	8	32	7	28		
	(N) Forthright								(N) Shrewd					
Low	9	36	10	40	8	32	8	32	8	32	6	24	0.38	1.20
High	10	40	10	40	9	36	6	24	6	24	10	40		
	(O) Confident								(O) Apprehensive					
Low	6	24	1	4	12	48	7	28	7	28	16	64	6.06	7.98
High	1	4	7	28	10	40	11	44	14	56	8	32		
	(Q1) Conservative								(Q1) Experimenting					
Low	6	24	9	36	9	36	11	44	10	40	4	16	2.52	9.6
High	11	44	2	8	8	32	11	44	6	24	13	52		
	(Q2) Group-Dependent								(Q2) Self-Sufficient					
Low	8	32	10	40	4	16	11	44	13	52	3	12	5.78	9.09
High	11	44	2	8	9	32	11	44	5	20	13	52		
	(Q3) Undisciplined								(Q3) Controlled					
Low	9	36	13	52	11	44	8	32	5	20	3	12	1.28	1.5
High	13	52	11	44	8	32	9	36	4	16	6	24		
	(Q4) Relaxed								(Q4) Tense					
Low	9	36	4	16	9	36	8	32	7	28	12	48	0.88	3.30
High	6	28	10	40	10	40	8	32	9	36	8	32		

Table 2
Areas of Self-Disclosure

Areas	Boys (N = 50)		Girls (N = 50)		
	Mean	SD	Mean	SD	
Attitudes and Opinions	41.50	11.60	47.50	10.20	2.76*
Tastes and Interests	45.90	13.40	52.50	10.00	2.79**
Work and Attitudes	36.70	12.30	46.70	10.90	4.31**
Money	33.90	12.30	37.10	12.12	1.31*
Personality	32.70	14.50	38.10	10.00	2.16*
Body	33.10	11.20	34.70	11.40	.52
Sex	23.10	12.50	40.30	11.60	7.13**

* Significant at .05 level.

** Significant at .01 level.

Area of Self-Disclosure and Sex Differences

Results on Table 2 revealed that boys and girls differed significantly in degree of self-disclosure with respect to attitudes and opinions, tastes and interests, work and attitudes, personality and sex. There was no significant sex differences in self disclosure with respect to money and body. The findings, in general, indicated that girls disclosed more than boys.

Order of Self-Disclosure Areas in Terms of Degree

From examination of self-disclosure areas, it appears that they can be divided broadly into two categories – public areas and private areas.

Tastes and interests, attitudes and opinions, and work and attitudes can be labelled as public areas and money, body, personality and sex areas of self-disclosure can be categorised as private areas.

From results of Dunccons's test for the boys (Table 3) and the girls (Table 4), it appears that boys and girls were similar in order in terms of degree of self-disclosure for the *public area*. In the case of the boys, there was no significant difference in disclosure of tastes and interests, and attitudes and opinions. In the case of the girls, the differences in these areas were significant but insignificant between attitudes and opinions, and work and attitudes. In the case of both boys and girls, disclosure with respect to tastes and interests was highest, followed by attitudes and opinions, and work and attitudes.

Table 3
Areas of Self-Disclosure Among Boys

Areas	Attitudes and Opin- Opinions	Work and Attitudes	Money	Body	Personality	Sex
Tastes and Interests	4.90	9.20*	12.00*	12.80*	13.20*	22.80*
Attitude and Opinion		4.80	7.60*	8.40*	8.80*	18.40*
Work and Attitudes			2.80	3.60	4.00	13.60*
Money				.80	1.20	10.80*
Body					.40	10.00*
Personality						9.60*

* Significant at .05 level.

Table 4
Areas of Self-Disclosure Among Girls

Areas	Attitudes and Opinions	Work and Attitudes	Sex	Persona- lity	Money	Body
Tastes and Interests	5.00*	5.80*	12.20*	14.40*	15.40*	17.80*
Attitudes and Opinions		.80	7.20*	9.40*	10.40*	12.80*
Work and Attitudes			6.40*	8.60*	9.60*	12.00*
Sex				2.20	3.20	5.60*
Personality					1.00	3.40
Money						2.40

* Significant at .05 level.

Boys and girls differed in rank in terms of degree of self-disclosure with respect to *private areas*. In the case of the boys, maximum disclosure was for money followed by body, personality and sex. There was no significant difference in degree of self-disclosure among areas such as money, body and personality but disclosure in all these areas was significantly greater than in sex.

In the case of the girls, maximum disclosure was for sex followed by personality money and body.

It is interesting to note that, among the private areas, maximum disclosure was for the area of body and minimum for sex in the case of the boys. With the girls' sample, the reverse was true.

Table 5
Target Figures of and Sex Differences in Self-Disclosure

Target Figures	Boys (N = 50)		Girls (N = 50)		
	Mean	SD	Mean	SD	
Mother	62.90	17.40	81.72	20.40	4.96*
Father	56.10	21.30	58.70	20.00	0.64
Same Sex Friend	73.90	20.43	84.80	19.01	2.63**
Opposite Sex Friend	57.30	27.42	50.90	27.47	1.16

* Significant at .05 level.

** Significant at .01 level.

Target Figures of and Sex Differences in Self Disclosure

Results in Table 5 revealed that there was significant sex differences in self-disclosure to mother and friends of the same sex. However, the sex differences in self-disclosure to father and friends of the opposite sex was insignificant.

Results in Table 6 and 7 indicated that maximum disclosure of both the boys' and girls' samples were to a friend of the same sex followed by mother, a friend of the opposite sex and father. There was no significant difference in degree of self-disclosure to father and a friend of the opposite sex in the case of the boys' sample. In the case of the girls' sample, disclosure to the father was more than to a friend of the opposite sex. However, there was no significant difference in self-disclosure to a friend of the same sex and to mother.

Table 6
Mean Differences in Different Target Figures in the Boys' Sample

Target Figures	$\bar{X}$ Mother	$\bar{X}$ Female Friend	$\bar{X}$ Father
$\bar{X}$ Male Friend	11.0*	16.60*	17.80*
$\bar{X}$ Mother		5.60*	6.80*
$\bar{X}$ Female Friend			1.20*

* Significant at .05 level.

Table 7
Mean Difference in Different Target Figures in the Girls' Sample

Target Figures	$\bar{X}$ Mother	$\bar{X}$ Father	$\bar{X}$ Male Friend
$\bar{X}$ Female Friend	2.58	25.60*	33.40*
$\bar{X}$ Mother		23.02*	30.82*
$\bar{X}$ Father			7.80*

* Significant at .05 level.

DISCUSSION

Personality and Self Disclosure

The results of the study indicated that low self-disclosing boys as well as low self-disclosing girls were significantly more sober (F) than high-disclosing males and females. People who disclose less are reserved and have the introverted qualities. Introverts are likely to be more contemplative, deliberative and self-effacing but less gregarious. They react very selectively to a stimulus and thus manifest sobriety in their behaviour.

Boys and girls differ on factor F i.e. high self-disclosing males were found to be apprehensive but in the case of girls, it was the low self-disclosing group which was found to be so. This finding could be attributed to social conditioning. A male is supposed to solve effectively his own conflicts and it is only when these cannot be resolved that they are spoken of. Thus, there is apprehension firstly, regarding the conflicts and secondly, regarding the fact that he is deviating from the attributed sex-role behaviour. On the other hand, the sex-role behaviour assigned to

females is one of dependence and they tend to ask for assistance when needed. If a female fails to disclose her problems, it may be due to the fact that she is anxious about their nature or that there is no target person in the environment to whom she feels close enough to disclose them. This is indicative of a lack of trust in people. These findings are in line with those of Kumar and Didwania (1976). Both these factors are conducive to producing apprehension in low self-disclosing females.

In addition, low self-disclosing girls were also found to be conservative (low in factor Q1) and group-dependent (low in factor Q2). Though no significant difference was found in the case of boys with respect to conservatism and group-dependency, the trend, however, illustrated that it is the high self-disclosing boys who tend to be conservative and group-dependent. A male showing high self-disclosure lacks self-confidence and is apprehensive about his mode of behaviour. This, in turn, leads him to disclose more and to seek assistance from others, indicating that he is lacking in individual resolutions and self-sufficiency and dependent on others. Secondly, when a male is not self-sufficient, he prefers to cling on to the 'tried and tested' despite inconsistencies even if something better turns up.

In the case of girls, however, contrary results are obtained i.e. it was the low-self disclosing girls who were conservative and group-dependent. This may again be explained in terms of social conditioning. Low self-disclosure in the case of females is due to the lack of self-confidence and individual resolutions – causes which are responsible for high self-disclosure in males. This lack of self-assurance in the case of females is likely to lead towards conservatism as she is not experimenting and venturesome enough to bring forth new ideas. A low self-disclosing female depends on others and follows conventions as the best way to resolve her conflicts. A high self-disclosing female is likely to achieve greater self-actualisation, as pointed out by Lombardo and Faulasia (1976) since willingness to self-disclose is attributed to personal health and satisfaction, success in being understood and working competently with others (Barnett and Sharp, 1973).

Area of Self Disclosure and Sex Differences in Self-Disclosure

The findings revealed that private areas (money, personality, body and sex) are disclosed less than public areas (attitudes and opinions, tastes and interests, and work and opinions) by both boys and girls. This may be attributed to the fact that disclosure in certain areas in one's life is socially more acceptable than other areas. Social norms of the society present the open expression of some aspects of the self while other aspects are expected to be suppressed or at least not talked about openly. Although there was no sex differences in the order of self-disclosure for public areas, there was significant sex differences for private areas. Surprisingly, females disclosed more than boys about sex than body. The reason may be

attributed to the age of the girls of the present sample i.e. 18 to 21 years. It has been observed that as girls progress toward young adulthood, they become increasingly interested in the topic of sex because of the various intricacies involved at their age and with it, arrives a consciousness of one's own body, its flaws and drawbacks as weighed against its best aspects. The feeling that the body may in some way be less than perfect can lead to low self-disclosure.

The female more than the male sample of the present study was seen to be reasonably high on self-disclosure in all areas investigated. This can be attributed to the sex roles assigned by the society, i.e. a male is seen as better adjusted when he does not disclose information about a personal problem while he is considered maladjusted when he does. On the contrary, females are considered more emotionally healthy when they disclose information about the self than when they do not do so. The fact that these are the expectations of others tend to guide an individual along these modes of behaviour.

In this rather male chauvinistic society where males are considered pillars of strength and the females fragile little lillies, it is also expected that the male of the species should go though his problems and crisis situations without showing overt anxiety. When a man reveals his fears and discloses them to others, he is considered unstable and lacking in ego strength and adjustment.

Target Figures of Self-Disclosure and Sex Differences in Self-Disclosure

With regard to the target figures of self-disclosures, the study revealed that the highest disclosure in the case of boys as well as girls was to a friend of the same sex followed by the mother. In the case of girls, the least self-disclosure target was a friend of the opposite sex and in the case of boys, the father. These results support the findings of Ribenbark (1977) who illustrated that maximum disclosure is always with the same sex peers, mothers are favoured over fathers as target figures and least disclosure is with the opposite sex peers. Maximum disclosure to a friend of the same sex could be due to peer group understanding and sharing of common problem and qualities. The reason for disclosures to the mother could be due to the protective shield provided by her.

In India, where the father often leaves for work early in the morning and returns home late, and most of the mothers are not working, the children have maximum communication with the mother and the rapport gets strengthened through the years, leading to greater disclosure to the mother than to the father. Mothers are seen to be taking a more active interest in the child while the fathers may be preoccupied with the office and business. The mothers are likely to be more sentimentally and emotionally involved with the children and they may even make the child almost an anchor of their living, resulting in increased rapport and freedom of thought expression in the child. When a mother is a housewife,

she can devote more time to the child and has greater understanding of his problems. A women's little world centres around the family and because of the ingrained qualities of patience, she demonstrates greater understanding of the child. In most cases, the paternal ties are not as strong as the maternal ties. This is apparent even in the behaviour of animals and birds where the female partner not only brings the off-springs into the world but also caters to the everyday needs of her little ones.

Boys were found to be disclosing more to a friend of the opposite sex as compared to girls. Our society dictates Indian females to be coy in front of the male and thus open uninhibited interpersonal exchange is frowned upon.

To conclude, it can be stated that disclosure to any target figures is largely dependent upon the facilitative conditions offered, as postulated also by Trax, Altaman and Whitmer (1973). In addition, the areas of self-disclosure are dependent upon societal expectations.

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Because of Virginity: Restoration Operations **

Premala S. Kale

This study investigated into the attitudes of a sample of students towards sex matters. The subjects consisted of a randomly selected sample of 50 boys and 110 girls from graduate classes in Arts, Science and Commerce of three different educational institutes in Bombay, India.

The subjects were asked to answer a questionnaire after reading a news-item which related to sex matters. The subjects then answered the items in the questionnaire expressing their attitudes toward the news item.

Analysis of the responses from the questionnaire indicated that Indian attitudes toward sex matters were still rather more sentimental, romantic and traditional than being objective and realistic. When compared to researchs done in US, there was a striking difference between the Indian and American outlook towards normal sex behaviours.